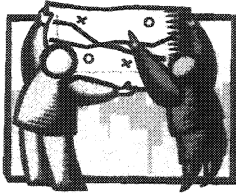Step Up and Step Out to change the environment!

# Actions for Change!

# Changing the Environment

Step Up and Step Out to change the environment!

## Move into motion

The next three chapters will take on a little different "tone" than the previous chapters. Now is a time for action...a time to begin making environmental changes with a focus on nutrition education, physical activity, and school meals.

These three chapters are full of ideas, suggestions and examples of actions that have been successfully tried. There are action ideas for schools, and for the community, and actions to link school and community.

Four key ideas are a common thread in these chapters:
♥ Create awareness
♥ Use all the environmental change methods possible
♥ Link all components whenever possible
♥ Always find a way to measure success

The ideas suggested can be a magnificent springboard to your own creativity!
Shape and mold them to meet the needs of your community.

## A note about planning forms

**Step Up and Step Out** recommends the use of planning forms for each activity/event. Use of the forms helps to keep that proverbial wheel from being reinvented each time, which increases the ease of sustainability.

Examples of action planning sheets and activity worksheets are found at the end of many of the modules in the next three chapters. Use them as examples to write your own. Photocopy the examples provided at the end of many of the modules for individuals to begin their own notebooks of "activities" and "lesson plans" that they can share with others each year. Think about beginning an annual healthy eating and physical activity

"trade-off" for teachers, food service directors and others...a chance to sample healthy choices and share them with others!

Copy the blank forms at the end of the module and use them every time you plan actions!
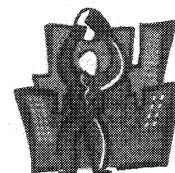
# A call to action

**Step Up and Step Out** has been in the forefront of efforts to increase opportunities for healthy eating and physical activity. It is a means of answering the call to action that so many government agencies and professional health/education organizations have recently issued!

**Step Up and Step Out** is full of fun, simple, and low cost suggestions for anyone and everyone! The communities and schools who have been a part of the **Step Up and Step Out** initiative have helped lead the way in making a difference for kids with innovative ideas and programs that are presented here!

Combine the following resources/calls-to-action with **Step Up and Step Out**. They will provide important scientific information and expert support. The combination creates the power-packed potential to make a significant healthy difference!

# Resources

## *School Health Index* (1)

The *School Health Index* is a self-assessment and planning guide developed by the Centers for Disease Control and Prevention (CDC) that will enable you to:
- identify the strengths and weaknesses of your school's health promotion policies and programs,
- develop an action plan for improving student health, and
- involve teachers, parents, students, and the community in improving school services.

The *School Health Index* is a simple, straightforward questionnaire that gives administrators, staff, parents, and students a chance to get involved and work together to create a healthier school. CDC notes that a small investment of time can pay big dividends in improved student health, well-being, and a readiness to learn.

### *Healthy People 2010: Understanding and Improving Health* (2)

*Healthy People 2010: Understanding and Improving Health* is part of the Healthy People 2010 initiative that is sponsored by the U.S. Department of Health and Human Services. It provides a set of Leading Health Indicators that include physical activity and overweight and obesity that will help individuals and communities target actions to improve health.

### *Healthy School Nutrition Environments: Promoting Healthy Eating Behaviors* (3)

The American Academy of Family Physicians, American Academy of Pediatrics, American Dietetic Association, National Hispanic Medical Association, National Medical Association, and the U.S. Department of Agriculture (USDA) call on schools and communities to recognize the health and educational benefits of healthy eating and the importance of making it a priority in every school. Establishment of local policies that create a supportive nutrition environment in schools will provide students with the skills, opportunities, and encouragement they need to adopt healthy eating patterns. Ten keys have been developed to assist each school community in writing its own prescription for change. The keys incorporate ideas from a variety of recent nutrition and school health publications.

### *Fit, Healthy, and Ready to Learn: A School Health Policy* (4)

It is a policy guide developed by the National School Boards Association. Sample policies are found in their entirety and are written as statements of best practice that all states, school districts, public schools, and private schools should endeavor to adopt. The policy guide complements CDC's state-of-the-art school health guidelines on physical inactivity, poor dietary patterns, and tobacco use.

## References and Resources

(1)   Centers for Disease Control and Prevention. *School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide*. Elementary school version. Atlanta, Georgia. 2000. Copies can be obtained by any of the following options: Download from CDC web sites: Http://www.cdc.gov/nccdphp/dash; http://www.cdc.gov/nccdphp/dnpa; by e-mail: cdcinfo@cdc.gov; by toll free fax 888-282-7681; by phone 770-488-3168.

(2)   U.S. Department of Health and Human Services: Healthy People 2010 (Conference Edition, in Two Volumes). Washington, DC: January 2000. For sale by the U.S. Government Printing Office, Superintendent of Documents, Washington, DC 20402-9382, Stock Number 017-001-00543-6, ISBN 0-16-050260-8. For more information visit: http://www.health.gov/healthypeople/ or call 1-800-367-4725.

(3)   United States Department of Agriculture, Food and Nutrition Service. *Healthy School Nutrition Environments: Promoting Healthy Eating Behaviors*.
Website: School Environment @ www.fns.usda.gov/fns/ or www.fns.usda.gov/cnd/HealthyEating/HealthyEatingBehavior/healthyeatingchallenge.htm Accessed June 20, 2000.

(4)   National Association of State Boards of Education: *Fit, Healthy, and Ready to Learn: A School Health Policy*. The publication can be purchased from the Safe and Healthy Schools Projects, National Association of State Boards of Education, 277 S. Washington St., Suite 100, Alexandria, VA 22314. Phone: 703-684-4000; Website: http://www.nasbe.org/healthyschools/fithealthy.mgi Accessed June 19, 2000.

# Environmental Change Plan

**Action!**

**Objective:**

| Actions and resources needed to implement the plan | Problems to resolve | Who takes action, and by what date? | Review—results of actions. Check all that apply. |
|---|---|---|---|
| Environmental change methods planned. Check all that apply.<br><br>☐ Policy<br>☐ Collaboration<br>☐ Repetition<br>☐ Education<br>☐ Support<br>☐ Reward<br><br>-or-<br><br>Problems resolved:<br><br>☐ Communication<br>☐ Time<br>☐ Location<br>☐ Lack of equipment<br>☐ Other | **Action:**<br><br>**Resources:**<br><br>**Marketing Plan:**<br><br><br>**Action:**<br><br>**Resources:**<br><br>**Marketing Plan:**<br><br>**Action:**<br><br>**Resources:**<br><br>**Marketing Plan:** | | **Communication:**<br>☐ Great marketing<br>☐ Need M-and-M's<br><br>**Time:**<br>☐ Good timing<br>☐ Needs work<br><br>**Location:**<br>☐ Good<br>☐ Needs work<br><br>**Resources:**<br>☐ Feasible cost<br>☐ Good<br>☐ Needs work<br><br>**Participation:**<br>☐ Good<br>☐ Needs work<br><br>**Overall:**<br>☐ Great-continue<br>☐ Good-revise<br>☐ Fair-revise |

**Comments:**

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**Event Planning Tool**

**Title Of Program/Project/Event**: (check type of activity and add title)
☐ Media  ☐ School  ☐ Business  ☐ Community


**Target Audience/Numbers Forecasted**: (check all planned for your activity)
☐ Students____  ☐ Parents____  ☐ Teachers____  ☐ School meal director and staff____
☐ School administrators____  ☐ Business/community leaders/community at-large____



**Outline/Description/Objectives**:




**Marketing Plan:**


**Permits Or Permissions Required:**
**Resource Materials/Supplies/ Handouts/Food/:**




**Costs/Funding Source:**                    **Manpower Needed:**



**Space/Time/Date Requirements:**            **Prep Time:**



**Alternate Plan:**


**Comments:**